

The Benefits of Food Logging

Most people have a love/hate relationship with food logging. Some find it tedious, time consuming, and simply forget to do it each day. However, once started most people find it to be beneficial, allowing them to achieve their goals and stay on track. In fact, research shows utilizing dietary monitoring methods is linked to long-term sustained weight loss. Despite the challenges that may come along with this, the Hurley Bariatric Center encourages everyone to track their food intake.

The following are some of the benefits YOU can receive from food logging:

- Awareness – Keeping a food journal may help you to realize you are constantly skipping

meals, using food to manage emotions, or consuming fast food or high sugar beverages such as juice and soda pop more regularly than you were aware of.

- Food Knowledge – Many people are unaware of the nutritional content of the foods they are consuming. For example, if you are trying to increase your protein intake at breakfast, food logging can help you realize ½ cup of greek yogurt will provide you with (on average) an additional 4-5 grams of protein compared to ½ cup regular low-fat yogurt.
- Accountability – Keeping a food journal makes you think twice about the foods you

are choosing to consume. Even the simple act of writing down a food choice can be enough motivation to stay on track!

- Nutritional Goals – A Dietitian can help you set your own personal energy and macronutrient goals needed to promote weight loss or maintain a healthy weight. Food logging can help to ensure you are meeting and maintaining these goals each day.

Overall, keeping a food log can help you identify patterns, possible problems, and areas for improvement. Food logging via an app (i.e. Baritastic, MyFitnessPal, etc.) or a hand-written journal are all tools that can help you meet your weight loss goals both before and after bariatric surgery!

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Focus on Fitness



Benefits of Cycling

With the warming weather, bicycling is a great way to incorporate some extra cardio! Cycling is a low-impact, healthy exercise that can be enjoyed by people of

all ages. Consistent exercise (such as cycling) can help prevent chronic diseases such as obesity, heart disease, certain cancers, diabetes, and so much more. Cycling has multiple other benefits in addition to promoting weight loss such as:

- Decreased stress levels
- Improved cardiovascular health
- Improved joint mobility
- Improved coordination

- Increased muscle strength

Bicycling is one of the easiest ways you can incorporate exercise into your everyday routine. Instead of driving to your kids sports practice, work, or the market, ride your bike! All in all, cycling is a very versatile form of exercise that can be adjusted to fit different fitness levels, goals, and lifestyles.

Did you know, even if you do not have diabetes you can still experience low blood sugar after bariatric surgery? Low blood sugar is known as “hypoglycemia”. However, the type of low blood sugar you can experience after bariatric surgery is known as “reactive hypoglycemia”. This can occur after consuming a meal, snack, or beverage that contains high amounts of sugar or refined carbohydrates.

So, why does reactive hypoglycemia occur? When you consume a high sugar or refined carb meal, snack, or beverage this food can pass through your stomach and into your small intestine before it has been adequately digested. When this food enters your small intestine, it sends a signal to your

pancreas to release insulin. However, this undigested food can result in the pancreas releasing too much insulin. A high influx of insulin can lead to a low blood sugar.

Your body can portray different signs and symptoms after consuming a high sugar or refined carb meal that you may be experiencing reactive hypoglycemia. These symptoms usually appear a few hours (1-4) after eating.

Signs and symptoms can present as one or a combination of any of the following (including but not limited to): sweating, rapid heartbeat, shakiness, confusion, hunger, weakness/fatigue, blurred vision, cold/pale skin, etc. The following are ways to help prevent reactive hypoglycemia from occurring. First, do not skip meals. Eating

balanced meals throughout the day is key to maintaining consistent blood sugar levels. Second, choose carb choices that are high in fiber and lower in total sugars. Fiber helps to slow the digestion of food allowing for better blood sugar control. Additionally, prioritize protein (and healthy fats) at both meal and snack times. Similar to fiber, protein passes through the digestive tract at a slower rate. This ultimately allows sugar to be released into the bloodstream at a slower rate as well. Lastly, avoid alcohol as your liver will prioritize alcohol metabolism over blood sugar maintenance.

Fortunately, reactive hypoglycemia can be well-managed. If you think you may be experiencing reactive hypoglycemia, reach out to your team at the Hurley Bariatric Center. We can help to identify the root cause and help to prevent it from occurring again in the future!

Spotlight on Success



**Beth Before
Gastric Sleeve Surgery**

My name is Beth. I am a mother, an NICU nurse, and a widow. In 2020, I found myself in a very low place in really all aspects of my life. My husband passed in April 2020 after a courageous battle with cancer. I was faced with raising our three children and maintaining our home all while being a full-time nurse. My health

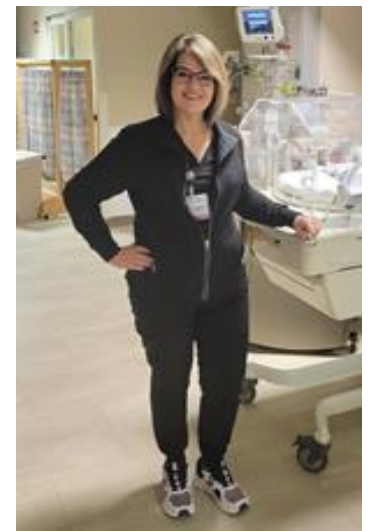
was definitely put on the back burner as I navigated through my day-to-day challenges.

“I am 100lbs less the person I was when I started and I can say without a doubt this was the best decision I could have made.”

Nearing the end of 2020 I realized I needed to make changes in my life to ensure my health was a priority not only for myself but also for my children. That’s where my weight loss journey began. In February of 2021 I met with Jennifer, the dietitian at Hurley Bariatric Center. She helped me to come up with a plan for meal planning, how to fit regular exercise into my busy schedule, and understand carbs, calories, protein, and portion sizes like I never had before. I used these tools over the next 6 months and I was able to lose 20lbs.

September of 2021 I had the sleeve gastrectomy. Here I am now, March 2023, and I am 100lbs less the person I was when I started and I can say without a doubt this was the

best decision I could have made for my health and well-being. Making this decision has increased my mobility and has made me capable of more exercise. I can now say I am no longer pre-diabetic and my blood pressure is within a normal range. I am living a better, more energetic life and I feel free. Thank you to the Hurley Bariatric Center for turning one of toughest decisions into one of the best decisions I have ever made in my entire life.



**Beth After
Gastric Sleeve Surgery**

Hip Happenings

Available: The Post-Op Refresher Course!



During this free 1 hour class you will receive nutrition education from one of our Registered Dietitians regarding meal choices, serving sizes, and general post-op recommendations. This class is designed for Hurley Bariatric Center patients that are at least 1 year post-op. It is great if you need help getting back on track or if you want a refresher in general! Schedule now as spots are limited.

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

REGAIN Post-Surgical

Medical Weight Loss Program:



THIS PROGRAM IS FOR HURLEY BARIATRIC CENTER PATIENTS WHO **HAVE HAD BARIATRIC SURGERY, YET ARE EXPERIENCING WEIGHT REGAIN.**

For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information

Recipe Round-up

Taco Casserole

Yield: 9 Servings



Ingredients:

- 1 lb lean ground turkey
- 1 small zucchini
- 1 small, yellow onion
- 1 garlic clove, minced
- 10oz can black beans, drained and rinsed
- 8oz can fat-free refried beans
- 8oz can tomato & chilies mix
- 2 cup reduced-fat Mexican cheese blend
- 1 package low-sodium taco seasoning

Directions:

1. Preheat oven to 350°F.
2. Dice onions and zucchini.
3. Sauté onions, zucchini, and garlic over medium-high heat until soft.
4. Drain excess liquid once softened and transfer to a bowl.
5. Brown ground turkey in sauté pan.

6. Drain excess liquid from turkey and add turkey into the bowl with onions and zucchini.
7. In the same bowl, mix in the tomato/chilies and black beans.
8. Mix taco seasoning into mixture and set aside.
9. Spray 13x9 casserole dish with non-stick cooking spray and transfer mixture into casserole dish.
10. Evenly spread out refried beans on top of mixture.
11. Top with cheese and bake (~30 minutes) or until cheese is melted or slightly browned.
12. Slice and enjoy!

Tip: Top your taco casserole with plain Greek yogurt in replacement for sour cream for some added protein!

Nutrition Information per serving (Taco Casserole):

277cal, 13g fat, 11g carb, 23g protein

Nutrition Information per serving (Protein Balls):

115 cal, 7g fat, 7g carb, 6g protein

No Bake Protein Balls

Yield: 20 servings



Ingredients:

- 1.5 cups rolled oats
- 1 cup natural peanut butter (or nut butter of choice)
- ¼ cup sugar-free maple syrup
- 2 scoops (~50-60 grams protein) protein powder of choice
- 2 Tbs chia seeds
- 2 Tbs sugar-free chocolate chips
- 1 tsp cinnamon
- 1 tsp vanilla extract

Directions:

In a large bowl, combine all ingredients. Once combined, use a small cookie scoop and form the dough into balls (~1 inch). Store in a covered container in the fridge or freezer. Enjoy!

Tip: Getting the mixture to combine may take a little arm muscle and may seem too thick at first. It will come together as you continue to mix. Towards the end, use your hands to knead the dough as this seems to help.

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